

What are vocal nodules?

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Did you know vocal nodules are one of the most feared vocal injuries? Vocal nodules are thick calluses that form on the vocal folds. Vocal nodules form to protect underlying delicate vocal tissue from repeated trauma. Vocal nodules will cause a progressive decrease in voice quality. Some people who have nodes notice their voice sounding hoarse, breathy, and rough.

If left untreated nodes may permanently impact a voice. The best treatment is voice therapy from a skilled vocal therapist. Vocal nodules can improve with resting your voice but if you go back to traumatizing your voice they could come back. If voice therapy isn't working then you might need them removed by a surgeon. The surgeon will probably tell you what notes you can't sing past.

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